Dealing with Urges

You most likely will get urges to go back to the habits that you are abstaining from. This is completely normal. But of course it is not good to respond to them by giving up on your goals.

Urges will often go away in a matter of minutes if you do not act upon them. It is neither physically or psychologically harmful to resist an urge. In fact, resisting urges helps develop discipline and willpower, both of which can be applied to great effect in other areas of your life.

So, how do you resist urges?

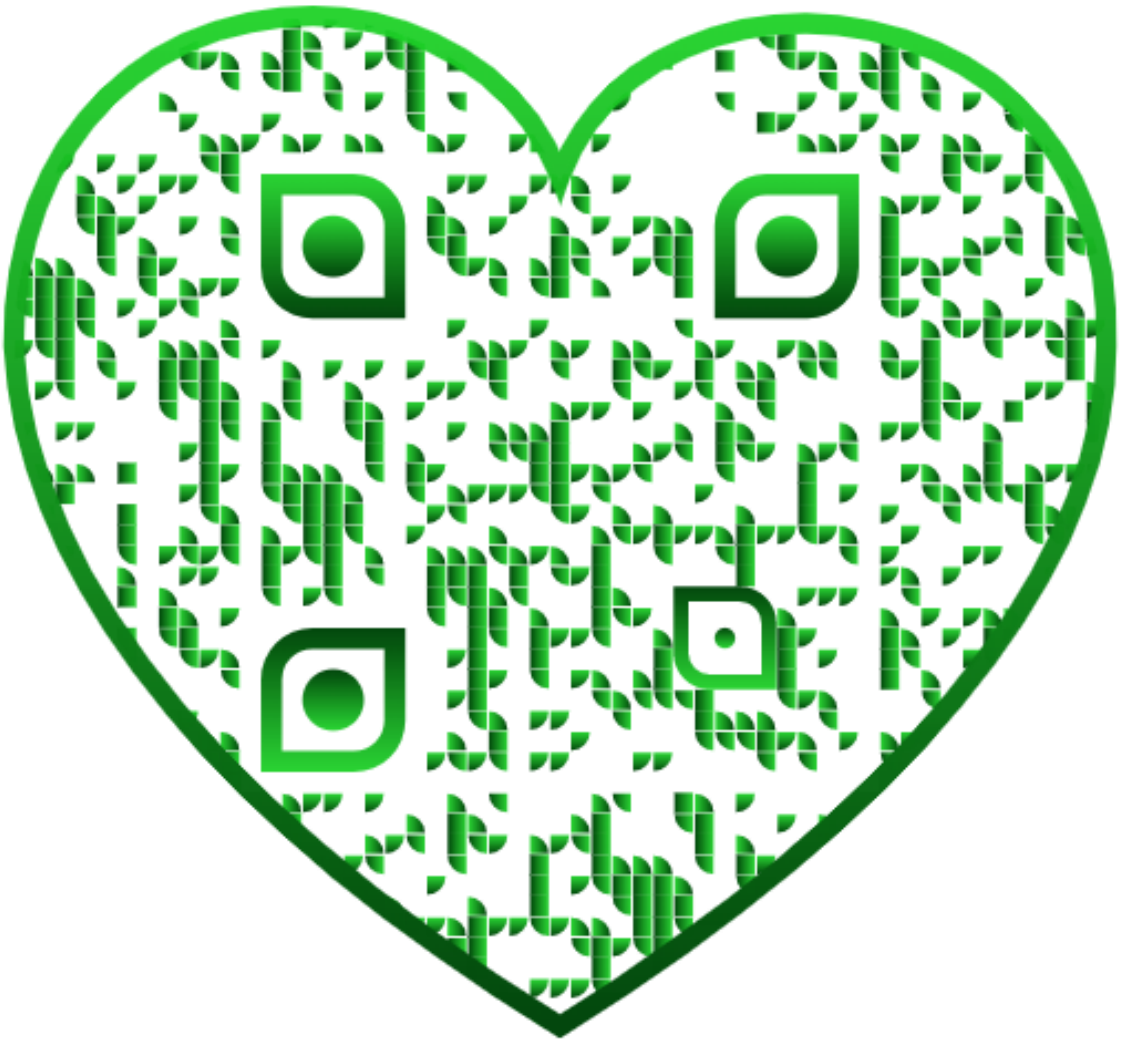
Identifying Triggers

One great way to overcome your urges is to reduce their frequency. Urges may be triggered by environmental cues that your brain has learned to associate with pornography - such as being alone in your room, or suddenly seeing a photograph while browsing social media.

If you can identify your triggers, you can create strategies to avoid them.

For example, if you spend a lot of time on social media sites browsing profiles, take notice of attractive images, and end up opening an incognito browser window to look at porn, you may consider going on a “social media fast,” only browsing social media when you are in the company of friends and family, or turning the images off on your browser while using the internet.

Or if you have developed a habit of PMOing before going to bed, and find it hard to sleep without it, then fixing your sleeping habits should be a priority. Try removing any internet-enabled devices from your room at least an hour before bedtime. Don’t spend the hour leading up to bed browsing the internet. Instead, read a book, write in a journal, or do something else to help you wind-down.



Many people find it useful to break that link between using electronic media and preparing for sleep. Even changing your location before bed, from your bedroom to the family room, can help disassociate bedtime with porn use.

There may be a double benefit here. Research has shown that the light from electronic devices can disrupt our sleep rhythms and reduce the quality of our rest. The National Sleep Foundation recommends at least a half-hour of avoiding electronic devices before sleep, and, ideally, completely removing gadgets from your bedroom.

If you can identify your triggers, you can create strategies to avoid them.

Browse more safely. The most obvious trigger is a sexually arousing image. Technology won't yet allow you to manage your physical environment so that you won't see another titillating billboard, magazine cover or TV ad. But where you can control your environment you'll be making it easier on yourself if you make it as rebooting-friendly as possible.

That might mean cleaning up your Internet experience. Many Rebooters use some sort of content filter or safe browser to help them stay away from porn. There are many choices across operating systems and styles of monitoring.

Some choose to use accountability software that will email a friend, their partner or a accountability partner when they access questionable sites. That can be a powerful incentive to stay away from porn.

Potentially arousing images are very common online. Ad blocking software will remove a whole class of suggestive imagery. Using some search engines allow you to remove adult material from search results. For extreme protection while browsing online, most web browsers allow you to turn off all images while you browse.

The NoFap community is a great resource for tips on safe browsing. If you have any questions start a thread on the forum and ask away. Remember, though, that these things are just tools to help you. You

will know you have succeeded at your reboot when you can encounter arousing material and move on, resisting any urges to look at porn, or feel no desire to indulge in your old, unwanted behaviours. Some NoFap users shy away from using these tech tools because they feel they undermine their ability to develop this willpower. That's a choice for you to make.

Processing Emotions

Emotions can also be powerful triggers in pornography addiction. Most porn addicts, at some time in their lives, have used PMO as a coping mechanism to suppress uncomfortable feelings. Conversely, some porn addicts find themselves so "numbed" that they tell us that PMO becomes one of the only ways they can feel much of anything. They may use porn as an easy, reliable way to provide some emotional arousal.

Common emotions that can trigger urges are boredom, stress, anxiety, sadness, and loneliness.

If you suspect that you may be using PMO to deal with emotions, try to be mindful of the emotional environment in which your urges arise. The next time you feel an urge, stop, and ask yourself: What feelings and/or sensations am I having right now? Where in my body am I feeling this sensation? What thoughts are accompanying these emotions? Am I anxious about an upcoming interview? Lonely because I was just rejected?

Remember that your emotions won't kill you. They can be powerful, but you can develop the skills to deal with them more effectively than by reaching out for porn every time you feel down.

The NoFap community is a great resource for tips on safe browsing. If you have any questions start a thread on the forum and ask away.

A difficult emotion can be very uncomfortable. If you don't give your emotions the energy they need to affect your actions, then they are merely something you are experiencing in the moment, like the sound of a car passing by, or the shade of the tree you are sitting under.

Consider the popular “urge surfing” technique that some users decide to employ: Instead of running away from your emotions, you can try feeling them. Slow down your breathing. Bring your attention to your emotion. Explore it. Breathe into the emotion, bringing your openness and curiosity to the feeling.

When you do this, you will find that you create space around the emotion - it’s simply not so important or powerful anymore. You will still feel it, of course, but it is bearable. This may take some time, but with practice it is possible to become completely comfortable with the emotional pain. This is because you are not feeding the emotion with your mental energy by getting caught up in it. Instead, by just letting the emotion be, you will find that not only is the emotion tolerable, but, like an urge not acted upon, it might soon fade away.

Common Urge-Management Strategies

Learning to identify your triggers and process your emotions should help to reduce the number and frequency of your urges. However, there are also several countermeasures you can take while experiencing an urge to motivate yourself to maintain your resolution and keep your streak going.

Changing Your Surroundings

One of the most common strategies among our members seems to be very simple - change your environment. If you are feeling an urge to slip back into old habits, go somewhere where you are less likely to reset/relapse. Once out of your danger environment, it is easier to think with a more level head, and make the decision that is most in line with your goals. Simply going outside or into company is a great answer; most people don’t use porn in public. Leave all Internet-connected devices behind if you can; if you can’t access porn, you won’t use it.

Quick, High-Rep Exercise

This strategy is very popular. Among the NoFap community, exercise was quickly discovered to be an effective urge-killer.

When you experience cravings, you can try to stop what you are doing, drop to the floor, and do as many fast push-ups as you can manage. If push-ups aren't your thing, you can substitute squats or, if you have a pair dumbbells nearby, a quick set of curls. Any exercise will do. The physical activity focuses your brain's attention on the exercise, and Rebooters report that the cravings often swiftly disappear.

Some other exercises that are easy, portable, and great urge-killers:

- • Sit-ups/crunches
- • Lunges
- • Jumping Jacks
- • Wall-sits
- • High knees/run in place
- • Squats

Meditation and Mindfulness

Another popular way to deal with urges is through meditation and/or mindfulness. Urges are often accompanied with sexual imagery. Getting caught up in that sexual imagery, i.e. fantasizing, gives the urges power and makes them much stronger. But if you can prevent yourself from paying attention to that sexual imagery, people report that the urge often dissolves in a matter of seconds.

You can use a quick meditation technique to combat urges. When sexual images pop into your mind, immediately bring your attention to your breath. Don't try to breathe in any particular way, just try to keep your focus there. Some people count their breaths. Others focus on the feel of their breath in certain parts on their body, such as their nostrils or throat. If your attention strays, just bring it back to the breath. When the urge has passed, you can return to what you were doing and go on with your day.

Meditation and mindfulness may take some practice before you can successfully employ them against urges, especially if you are new to the techniques. But they are usually well worth the effort you put into them. Not only are they some of the most successful urge-killers, they have an added benefit of reducing stress and anxiety -

two commonly reported symptoms of porn addiction AND two common emotional triggers.

Quick Distractions

Many people who are confronted with urges to look at porn employ various activities to distract themselves and give themselves time to remove themselves from the situation. NoFap doesn't officially recommend all of these techniques, but they're often employed by our user-base and Rebooters around the world.

Holding Your Breath

This is a very simple technique. Whenever you experience a strong urge, simply hold your breath! Your body will often quickly forget about the urge as it deals with the sudden crisis of oxygen deprivation. It is better to practice this technique with as little air in your lungs as possible (just push all the air out of your lungs by contracting your abdominal muscles before holding your breath), as the less air in your lungs, the faster your body will go into "crisis mode."

If you decide to practice this technique, please be safe. Don't hold your breath until you pass out, and certainly do not do this while underwater. You likely want to talk to your doctor if you have concerns about stressing your body like this. This is not a contest to see how long can hold your breath. It is just a simple biohack to force your body's attention away from pornography and onto something else.

Cold Showers

Cold showers are usually more of a preventive, or preemptive strategy than an emergency urge-manager. Though if you can jump into freezing water in the heat of the moment, you will probably instantly kill any urge that you were having to PMO. But cold showers don't travel well, so most of the Rebooters who use them do so not to get rid of urges, but to discipline themselves and increase their willpower so they are more able to resist urges when they do arise.

Regular cold showers teach you to be comfortable with being uncomfortable. Who wants to jump into freezing cold water for the next five minutes, right? But if you can stay in that shower, despite the cold, despite the discomfort, you are learning the strength of will to resist an urge. Like cold water, urges are just another uncomfortable experience. Learning to deal with feeling uncomfortable, and not acting upon your body's immediate desires is a great way to learn to beat down urges.

A word of warning. There are some risks associated with sudden exposure to very cold water (particularly for those with heart conditions and high blood pressure) and with prolonged exposure to cold water.

If you are considering this method, please talk to your doctor first and keep in mind it is a step by step process. Gradually decrease the temperature of the water so your body is not shocked. Please be mindful of your health.

Snapbands

"Snapbands" are simply rubber bands that you wear on your wrist, which some Rebooters have found to be a successful tool to employ against urges. When you feel an urge, you can simply pull back the band and let it snap against your wrist. The momentary pain wakes you up from the automatic pilot "PMO zombie mode" that so often leads to relapse. You can then take steps to contain the urge or remove yourself from temptation.

Use your common sense here. If you decide to practice this technique, you want a band that will give you enough of a shock to snap you out of relapse. But don't go beyond that. This is not about inflicting pain or punishment. We aren't "recommending" this technique but are including it because it's popular among Rebooters. If you have struggled with self-harm you might wish to skip this technique.

Source: https://nofap.com/getting-started/

Recording yourself while you masturbate might help you stop

I realised that if I watch myself masturbate, I could see myself as what I really look like masturbating and, ultimately not see myself as attractive as I think I would be.

Hopefully everyone can try and benefit from this

Source: https://www.reddit.com/r/NoFap/comments/5dow8a/recording_yourself_while_you_masturbate_might/

Anti-urge methods list.

I think that maybe is a good idea to have a list of different ways that help us fight the urges.

Me for example I have only 1-2 ways and not all of them are effective in every situation. For example when I have more urges is when I go to bed and it's not practical to wake up from the bed and go take a cold shower. So if you think it's a good idea post your methods and I'll gather all of them on the list. I start with mine:

- Cold showers (if possible)
- Mentally project myself in front of me so I can see me as someone else in the room would see me. (Similar to this guy, who actually records himself with a camera and then waches it https://www.reddit.com/r/NoFap/comments/5dow8a/recording_yourself_while_you_masturbate_might/)
- Physical activity. Pushups, squats, crunches, etc.

Source: https://www.reddit.com/r/NoFap/comments/5dxpao/antiurge_methods_list/

I have put together the steps I believe to be important to overcome this addiction and move forward in life.

REASONS FOR QUITTING

What has porn cost you? What are the negative experiences it is having on your life? The more you are on here the more you will recognize that many others have similar experiences, but your life is unique. Take some time each day to go over in your head (or write down) the negative effects porn has had and is having on your life. Allow yourself to feel all the negative emotions, the anger, the hurt, the shame, the pain all of it. This is important. You need to access this every time you feel an urge. Allow the thought of using porn again to disgust and anger you. Practice this every day. Use it every urge.

URGE CONTROL

Urges are the number one enemy you need to battle. They can come at any minute of any day at any stage of your recovery. You need to learn to see them early and you need to do whatever you can to control it or distract yourself before it grows into a monster.

There are two ways to control urges, mentally and physically. You need both. Work hard on the mental controls, that is the way to long term success, but sometimes they are not enough, recognizing that as early as possible and taking more direct action is super important, especially early on.

MENTAL URGE METHODS

1. The 1st strategy everybody tries is willpower. You feel the urge, you recognize the danger and you try to drown out the urges by various counter thoughts. It is useful when we are motivated but seems to get more difficult as time goes on.
2. Meditation. Practice meditation there are lots of great videos and books to help you out. Practice this each day and you will become better at snapping out of bad thought cycles. It can also be used to directly fight urges.
3. Spend some time each day thinking about what your porn addiction has cost you. Really feel the negative emotions, really count the costs, feel the shame the anger the sadness the shame of PIED or PE or whatever the feelings and cost have been to you. Practice feeling all that for a few

minutes each day so you can bring it back when you feel the urge building.

4. I usually PMO in my bed using my laptop. So I spend a few minutes each day just visualizing myself from above, hunched over my computer, chocking the life out of myself, desperately clicking through tabs, never enjoying always chasing. I allow the feelings of sorrow and pity wash over me as I look down on that desperate, sad and eternally unsatisfied little man.
5. Take every opportunity to desexualize women. Whether outside in real life, on SM, on TV, practice changing your thought patterns about hot women. Don't allow your inner narrative to go to sexual thoughts. Think to yourself, OK she's hot, lucky her. I wonder how many times guys objectify her. I wonder is she has ever been heartbroken. I wonder if she has ever lost somebody she loved or felt depressed and scared. I wonder what makes her interesting and unique. I wonder if she has goals and dreams and fears and weaknesses just like every other human on this planet. Just get in the habit of drowning out the sexual stuff with deeper more spiritual/ healthier stuff. Of course there will be times that the sexual feelings are ok, but only when you feel a strong a powerful connection to her as a person and you sense she feels it back.

PHYSICAL URGE METHODS

Sometimes the record just won't change no matter how much we try. Recognizing this as early as possible and forcing yourself to change your thought patterns is crucial to finding long term success.

There are an infinite number of things you can do for this, I'll share the ones I like. Adapt them to suit yourself.

1. Have a list of exercises working different muscle groups. Do a 1-3 set of an exercise when you have an urge
2. Come onto NoFap and help somebody. Give support and advice to somebody who is struggling, or find something somebody else has posted that remind you of why you are here. Or share of course.
3. Get out the house. Go for a walk in nature, grab a coffee, or sit somewhere nice and people watch (remember to practice seeing people in a non sexual way)
4. Phone a friend or a family member and have a chat.
5. Take a cold shower.
6. Meditate
7. Do some chores

It doesn’t really matter what your do. As long as it forces you to change your thought process and physical activity for a period of time.

DIG DEEPER

Addiction is often a symptom of something deeper. It is in my case. Sometimes dealing with addiction causes you to have to deal with some dark and difficult memories. Sometimes it causes us to face some really difficult realities about our past that are super painful and difficult to process (I’m speaking from experience here). If this is you, you might need professional help. Don’t be too shy or too proud to admit that maybe you could do with some help from somebody who has professional experience and can guide you through these complicated times. There are charities out there who can help if you don’t have money.

Some people just don’t like therapy. If this is you that is fine, but this process can be scary, prepare yourself and don’t push yourself too hard. You don’t need to rush this. One day at a time is they key here. Having some positive distractions will be helpful, I’ve been watching a lot more Netflix than normal.

GOALS AND YOUR FUTURE

Quitting porn is just one part of the puzzle. Overcoming this addiction is probably going to leave a huge hole in your life. You may be faced with the reality that your life isn’t what you’d hoped it would be. That’s OK. You are where you are. You are who you are. Accept this, accept responsibility and start taking positive actions. Questions to have a good answer for:

1. Who is the real you? Not everybody who quits porn is going to turn into a charismatic, high energy rockstar. Figure out what kind of person you really are. What energises you, what inspire you etc. I’m INFP. I’m never going to be happy being that super flirty centre of attention guy. It’ll never be natural to me. It took me far too long to figure that out. I’m much more comfortable being the thoughtful guy in the corner who says something when there is something worth saying. Figure out who you are, then you can figure out what skills you need to build to be your best self.
2. What will success look like? Is it just the porn your quitting? Would you like to have a more healthy m habit, or do you want to regain control of your sexuality to find a gf or to build healthy and respectful sexual adventures with a variety of women? This isn’t a forever question. Your answer might change. Or maybe you have a clear vision. It’s worth considering because again you need to figure out if its just the porn that’s stopping you or you have more things to work on.

3. What is driving you to get out of bed in the morning? DO you have a career that you love? Do you have a fitness activity that you do just for the fun of it? DO you have hobbies and passions that give you real joy and fulfilment? Do you share some of yourself (money/time) with others who need it? If the answer to one or more of these is no, it's probably time to get better answers.

I highly recommend that you read Atomic Habits. This book is an absolute gold mine of info for building the habits that are going to shape the life you dream of. It is all about the small daily victories that build mastery and success.

YOU CAN DO IT!!

There are many people, events and factors that have led to the situation that you are in now. It is very possible that you are a victim in all this. I know I got hooked on porn way before I had the ability to understand the damage it could cost (to be fair I don't think anybody really did back then).

That doesn't help you today though. The only way you can beat this is to accept responsibility for your life from this point in. I have been the victim of sexual abuse and some horrible bullying. Are the people that caused that pain going to come help me fix my life? Not a chance. It is only me that can figure out the life that I want and figure out how to get there. Others can support me and lend a hand through the dark times, but ultimately it is up to me to keep walking in the right direction. One step at a time. It's up to me to decide what happen when I stumble. Do I stay on the floor, do I roll backwards or do I get up and keep moving? That is decision that can only be decided inside our heads.

All the best to all of you. I hope this helps.

Source:
https://www.reddit.com/r/NoFap/comments/v11sdm/i_have_put_together_the_steps_i_believe_to_be/

Methode to reduce the urges of nofap/sex for males

Hi. I know that some of you guys are starting nofap and struggle with urges sometimes as I did before. Now I will share you a methode I used to overcome my urges with minimum effort.

Well before that I want to tell you about a myth I believed, is that sex with an actual person may reduce the urges. I realised that the opposite effect is the case here, so... don't give into that.

Let's move on to the method that no one talked about:

When I get urges and warm sensations, **I washed my private part with cold water** for like 3-5 minutes. If you do that with upcoming urges as well, it's guaranteed that the urges will go away.

The science behind it:

Cold water results in veins constriction of penis, which will result in less erection and therefore less signals of ejaculation, because the private part is not getting the supply that it needs.

If you use this method, then you will be able to overcome urges and become a nofapper as well. It's even easier than doing sport or cold showers with less time and effort.

Source:
https://www.reddit.com/r/NoFap/comments/uiuwqo/methode_to_reduce_the_urges_of_nofap sex_for_males/

The rubberband no-fap method works!!

The only method I've used that makes long term nofap seem doable.

Execution is simple: Wear a thin rubberband around your non-dominant wrist every day(and at night if that's where the problem is) whenever you think of going to beat it, looking at snooty materials, or even just ask Reddit posts-> snap the band against your hand as hard as you can within reason.

This makes it so much easier to dismiss dirty thoughts with ease. Occasionally you will succumb to some slightly questionable content but as long has you wear the band it's hard to get sucked in

Afterthoughts: make sure not to snap if the presence of the band triggers the thoughts, only if they linger threateningly.

Don't be afraid to snap the band painfully, eventually the pain will become refreshing and centering.

This method is also useful to keep focus when studying

Source:
https://www.reddit.com/r/NoFap/comments/vj8x6c/the_rubberband_nofap_method_works/

Methods that work to get the urge lower

For me it was hard to control it, but, this tricks might help you

1. Go Pee, sometimes when the urge come you wanna pee, so do it ASAP
2. Water, Cold Water, i‘ve red and getting a cold shower helps, but sometimes you cannot, so, go to the bathroom and apply cold water in your face and arms, but the trick is in applying it in the Penis, because it cools down (literally) and remains cold, for 10 to 20 minutes, giving you time to get that urge off.

Source: https://www.reddit.com/r/NoFap/comments/oxy31q/methods_that_work_to_get_the_urge_lower/

What is the best urge killer?

u/RNWIP: Going to pee. Chances are: my bladder is full. Or I’ll find something that actively engages me. Be it working out, screenwriting, playing guitar hero, whatever makes me forget what I’m thinking about and gets me DOING

u/Resident-Ad2328: Working out

u/NumeroUnoTrader: The ONLY way to kill an urge is to face the urge. Every other method, like "find a hobby, read, walk, cold shower, etc" are momentary distractions not facing the real enemy that is always lurking behind and in the back of your head; so you either have to distract yourself your whole life or you eventually relapse.

So, whats the most practical method? 99,999,999/100,000,000 should go with the distract method to start. Pick up a hobby, exercise, meditate, STAY BUSY. Build new habits. You have to replace a habit with another habit. Work hard. Educate yourself. Once you reach a very high record, lets say 100+ and you are DAMN confident in yourself and will power... then go for the killer.

This is the most daring method and one of the, if not only, best way to kill urges. You have to face the urge. When an urge comes become aware and present. Sit there with that experience in total silence. Don't run or distract yourself from it. You just sit there and FULLY take in the lust. Don't judge it.

Don't say it's wrong. Don't act on it (obviously). Just be aware of it's totality and it will eventually subside. Once you do this enough times you will overcome urges and they will have no power over you; they will become another experience. WARNING: many will fail here. So ONLY do this if you truly believe in yourself.

You combine the daring method with mastering and controling your thoughts (read The Power of Now) and you win. You'll no longer have to worry about urges. Imagine not having to fight everyday, wouldn't that be so much easier? If you master your thoughts and realize the urges were coming from YOU the entire time and YOU were giving yourself the urges, then that's the end of lust (if you choose to no longer be lustful, but thats the difference you'll become AWARE of the choice.)

So you have all the steps right there. Just my advice though. Do whatever you want. Good luck.

u/Dependent-Shop-3572: Walking for one hour

u/Appropriate-Bad-3991: A hobby..that could possibly make you passive income or even rich haha

u/sarge4567: Having a life you enjoy. Physical activity. It's when you are sedentary and bored that sex thoughts enter your mind as do other unproductive thoughts. Nietzche said it himself. All good thoughts happen during physical activity. Nietzche spend his entire day outside doing strenuous walks, often over 8hours of walking daily.

u/Great_Park_2837: Control your mind and thoughts. Don't run away from your urges. Let them run away from you. You are in control.

u/Terib1e: I cross days in a calendar. That gives me enough will power to resist the urges

u/majaw91: Cold showers to shock and focus the body, your brain won’t send signals to crave dopamine when your body is trying to keep itself warm.

Also ask yourself if you are hungry, lonely or tired, if you are any of those seek food, community, or sleep before allowing “boredom” to get the best of you.

u/zauxf: hold your breath

meditate

explosive pushups

cold bath

u/muthsiAT: Going to people, especially family

Deleted account: Just do pranayama at that time it's strengthen the connection between your body and mind. According to research, pranayama can promote relaxation and mindfulness. It's ultimate urge killer according to ancient ayurveda

u/Seal_Zilla1317: Remembering of the reason why you started this way and for what

u/peekingmightyduck: Straight up cold shower.

If not enough, then cold shower, followed by 20-30 star jumps

Source: https://www.reddit.com/r/NoFap/comments/u9z79f/what_is_the_best_urge_killer/

How I kill any urge (unorthodox method)

So what I do, is when the urge comes (oh so often), I think about it and let it flow through me. I don't try to block it, as that seems to make it worse (at least in my experience). Then I remember that I quit porn, I quit masturbating, it doesn't work on me, **I already know I'm not going to act on the urge**.

That last line kills almost every urge I get. I know I'm not going to act on it, I'm not a porn addict anymore, I **was** a porn addict. And the urge just leaves me alone :).

Source:
https://www.reddit.com/r/NoFap/comments/m74d42/how_i_kill_any_urge_unorthodox_method/

I HAVE THREE METHODS THAT HAVE KEPT ME GOING.

1. Do not watch porn at all. Use screen time if you are on apple to block adult sites and open content restrictions. IF YOU THINK YOU CAN WATCH A LITTLE PEEK WITHOUT RELAPSING THEN YOU'RE WRONG. BY THE POINT YOU WATCH PORN, IT'S WAY TOO HARD TO EVEN STOP.
2. Think about your previous relapses. Where did you relapse the most? I would do it mostly in the bathroom with my phone so now I don't bring anything with me when I go to the bathroom so it gives me no chance to relapse.
3. Each time you have an urge, think what will happen if you don't fap. Will you die? Will you suffer? Then why are you relapsing ? Also, when you have a problem in life and want to relapse, just think that porn and masturbation never existed and you never fapped in your life. You don't even know what is porn. Why would you turn to this when it doesn't even exist. Hope it helps!!

Source:
https://www.reddit.com/r/NoFap/comments/k1vbqq/i_have_three_methods_that_have_kept_me_going_even/

My New Urge Killing Method

I've been struggling tremendously with NoFap all throughout quarantine mostly due to me quickly giving in to urges and not having a clear plan too combat them. I know once you go days without masturbating and watching porn you gain an extreme amount of sexual energy. So with that being said from now on every time I have urges or feel like Im about to break I'm going to do the following

30 Push Ups

2 Minute Plank

50 Crunches/V-Ups

Doing these things any time I have an urge will not only help to stop the urge, but will also help using the built up sexual energy on something active and healthy. Also with urges being fairly common this will add up and hopefully be a great complement to the workouts I already do on the daily and help stop the urges in the heat of the moment!

Source: https://www.reddit.com/r/NoFap/comments/muin2t/my_new_urge_killing_method/

Overcome urges with the Wim Hoff Method

I know cold showers are already a big thing around here but the breathing technique has worked every single time for me. If you're unaware of the WHM check out the breathing routine on youtube. Download the free app Wim Hoff Method. Go to guided breathing bubble. Do at least 3 rounds of that and I guarantee you'll feel completely reset and ready to do something productive or at least something not destructive. Stay strong

Source: https://www.reddit.com/r/NoFap/comments/lhmkly/overcome_urges_with_the_wim_hoff_method/

The secrets to NoFap are face-to-face socialization and exercise.

Seriously, this makes it a million times easier. Just got my longest streak of all time (40+ days) barely trying because of socialization and exercise.

Also, do yourself a favor and get a porn blocker or two. It seriously helps. A lot.

Best of luck.

Source:
https://www.reddit.com/r/NoFap/comments/p46wbf/the_secrets_to_nofap_are_facetoface_socialization/

Improving Willpower Using A Breathing Technique

https://www.youtube.com/watch?v=LOe9GNEDKZ8 (alternative link: https://web.archive.org/web/20170404084427/https://www.youtube.com/watch?v=LOe9GNEDKZ8)

Hi guys, I'm pretty new to the NoFap community but I've already learned a lot and I wanted to give back. I recently watched this video on improving willpower using a breathing technique. It sounds weird but it works (at least for me), so hear me out.

Basically, the guy who made the video talks about what he learned from "The Willpower Instinct", a book written by Kelly McGonigal, a health psychologist who frequently lectures at Stanford University. The breathing technique goes like this:

You slowly breath in for 10 seconds, then slowly breath out for another 10. Doing this improves your Heart Rate Variability (HRV), which is the time between each heartbeat. According to the video, "there are studies that show people with higher HRV are better at ignoring distractions, delaying gratification, dealing with stressful situations, and are less likely to give up on difficult tasks".

The video goes into further detail, you can watch the full 10 minutes if you want, but I included the parts that I felt were most applicable. Obviously NoFap is about more than just sheer willpower, it's also about planning, improving self-discipline, etc., but this video's helped me a lot and I hope it helps you too!

Source:
https://www.reddit.com/r/NoFap/comments/coqbnm/improving_willpower_using_a_breathing_technique/

Proven Scientific Methods to Get Rid of an Urge!

First things first is STOP what you are doing.

Stand up if you are sitting or lying down.

Stand still and breathe in for 4 seconds.

Hold for 4 seconds.

Breathe out for 4 seconds.

Hold for 4 seconds.

While you breathe tense your body.

Start from your shoulders and end at your toes

Just squeeze every muscle as you breathe in and slowly release them as you breathe out.

I'm telling you, this works. The science behind this is that as you tense and breathe the blood flow that is rushing towards your head and penis is redirected to your muscles.

Next time you get an urge come back to this post.

Source:
https://www.reddit.com/r/NoFap/comments/k7tem1/proven_scientific_methods_to_get_rid_of_an_urge/

Method for fighting urges

I've been having some urges lately, and I've developed a new method of combatting them. Whenever I get an urge:

1. I imagine a flashing red X and sirens going off in my head. This usually snaps me out of the urge
2. The urge will usually try to come back in a few minutes, so I imagine my day count written on the wall in large glowing letters. I meditate on that image until the urge leaves

Hope this helps some of you. Stay strong my brothers! Say no to porn!

Source:
https://www.reddit.com/r/NoFap/comments/lirzew/method_for_fighting_urges/

Effective method for subduing urges - breath holding

Whenever the urge arise, take a deep breath and hold it until you can't, slowly exhale repeat additional 2-3 times until urge is gone.

It is effective and can be done anywhere whenever need be. Hope it helps

Source:
https://www.reddit.com/r/NoFap/comments/mak4t8/effective_method_for_subduing_urges_breath_holding/

Change your perspective

In my NoFap timeline, there was a point where I wanted to quit.

Surprisingly, I was actually making decent 7-14 day streaks, which is actually not that bad for NoFap. But even with the progress, I felt every relapse reset my progress if not making my situation worse. I needed a change. I was confused. Lost. I started to lose connection with who I was. And when I was in my worst times, tempting to leave this subreddit and quit Nofap altogether, I realized:

This addiction is not me. It is not my passions. My desires. My goals. My relationships. My **anything.**

The addiction's only goal was to get me **relapse and ruin my life.**

Every relapse is only a small obstacle, nothing that I can't handle. Even if the addiction tries to send me to the deepest depths, I will **always have myself.**

You know the saying; hate the player, not the game? Well sometimes, it is not the player's *or* the game's fault. Sometimes, you just need a **change in perspective.** Thank you.

Source:
https://www.reddit.com/r/NoFap/comments/vzopj2/why_i_almost_quitted_nofap/

Day:209- Benefits so far doing Nofap

- Skin looks better
- My eyes are brighter in color, they glow!
- Hairs are darker/thicker
- Less Sleep Needed/more energy throughout the day
- Workouts more intense, can do more reps! Quicker Muscle Build
- Metabolism has improved
- Circulation in hands/feet has improved
- Can tolerate cold much better
- No more brain fog/can think clearly.
- Can Articulate myself better
- I can remember things better
- HOW PEOPLE ARE AROUND ME=People are DIFFERENT around me, some can tell there is a difference with me and that my energy has changed. I give off a more positive energy that makes others comfortable and i enjoy that.
- CONVERSING WITH OTHERS= I can have more meaningful conversations and not annoyed by people approaching me. I'm naturally introverted/keep to myself but i really been enjoying talking with others lately, and what's more important is that it's GENUINE!
- CONFIDENCE=I developed a very UNIQUE confidence in myself that is WARM/HUMBLING/OVERWHELMING AT TIMES. I feel very comfortable/grounded with myself and that energy spreads to others around me. This kind of confidence in myself i never experienced within myself until i began Nofap. Or i could say that i was never TRULY confident in myself up until now. Im proud of who i am becoming!
- LITTLE TO NO ANXIETY= i dont care what people say/think/feel (in a good way) im just worried about ME/MY LIFE/MY HAPPINESS.
- DISCIPLINE+MENTAL FORTITUDE=Sexually disciplining myself has GENERALLY help me become disciplined in more areas of my life.
- ENERGETIC/AMBITIOUS=INSANE urge to want to get out the house and do more things now! I want to accomplish goals ASAP!!! Which is awesome.
- INNOCENCE= I feel like a kid again!
- EMOTIONS=AMPLIFIED (Good and Bad) - This one i had to be careful about, because i have become a person that DOES NOT TOLERATE TRASH FROM ANYONE! So if i was ever in a position where someone was to disrespect me for any reason, they WILL get a response, but i've learned to express myself in a way that is not detrimental to myself! But the good news is that the POSITIVE EMOTIONS have amplified too. I appreciate all the emotions, reminds me im human, proud of it lol.

- HOW I VIEW WOMEN= Even before nofap i was never a LUSTFUL person, but for women i was attracted to i did objectify them in my mind to a degree. Now when i look at women generally, i focus on their personality/principles/morals. I want a women i have a GENUINE CONNECTION WITH!
- ATTRACTION FROM WOMEN- This shit is real, women can damn near SMELL YOUR NEW LIBERATING ENERGY YOU HAVE lol! Women are naturally built to detect men who have alot of Pheromones/sexual energy/testosterone in them. And it makes sense because women naturally seek HEALTHY males. We are transmitters, they are receivers of that energy! Usually i just approach women i was interested in and the rest went from there. Now women actually approach me every now and then, i AM NOT used to that lol
- RESPECT FROM MEN- And it sounds crazy but when you build up testosterone/pheromones/sexual energy, you dont give positive vibes to just women, but EVERYONE, men included, and men, like coworkers enjoy my presence!
- MUSIC!= I swear after doing 30+ days on nofap i feel like music is now in HD! It sounds SO MUCH BETTER, i love it!

(I'm very happy i decided to start Nofap, as skeptical as i was about all of this. I still can't believe some of the things I've been experiencing! I had absolutely no expectations when i first started Nofap, i thought it was bullshit. This is an experience that, and if you are like me, is something you have to actually do & experience for yourself to believe it! But this "Challenge" has turned into a LIFESTYLE for me!)

Source:
https://www.reddit.com/r/NoFap/comments/5kopi2/day209_benefits_so_far_doing_nofap/

I beat porn induced erectile dysfunction and fixed my relationship + a warning to anyone who masturbates

Hey guys. So, I recently got a girlfriend and over the past few months we've fallen in love. At first it was long distance but we've recently moved into the same area. About a month ago we tried to have sex — it was my first time.

As soon we started, I lost my erection, and subsequently cried (I was very nervous and I felt like I had disappointed her). She reassured me, and told me that it was okay to be nervous and we'd try again the next day.

Little did she know I was masturbating 3-4x a day and watching porn, and had been doing so for 8 years.

We tried to have sex 10 more times over the course of weeks, and I couldn't get it up every time. This began to take a toll on both of our self esteems - she thought it was her fault, she cried, and it hurt to see her that way. **We both became depressed.** I couldn't be intimate with her because of my porn habit. **We began to question our future.**

I decided to quit. It's been 2-3 weeks since I last masturbated or viewed porn. Today we finally had sex, and we were finally free from the pain of low self esteem. I was lucky — it could take others **months** before they can get their erection back.

A warning: STOP WHILE YOU CAN. Before you know it, porn and masturbation will destroy your life and relationships. Don't say, "well I'll wait until I get a girlfriend." If you're watching too much porn you won't be able to get a girlfriend at all, because your brain is on a porn high 24/7.

Heed my warning! Thanks for reading!

Source:
https://www.reddit.com/r/NoFap/comments/pjakny/i_beat_porn_induced_erectile_dysfunction_and/

After Relapse Do This

Say "I Love Myself"

I Am Great

I am good

etc. , keep loving yourself and showing it. Touch your body and feel the warmth. This is sooo good after you relapse because it will help you to not binge and relapse again. Accept the failure and keep going. Progress is not lost, it's just a small setback. But with selfcare and selflove you will see how you can do better decisions.

https://www.reddit.com/r/NoFap/comments/pjvqbl/after_relapse_do_this/

I've got you an interesting trick to deal with urges.

I don't know if this is a thing. But I've learned through meditation it is a nice thing to create a garden in your mind. So stay with me, this is YOUR garden. You make up the plants. You make up the atmosphere. And you can make up the little birdies that come greet you. When you get an urge go ahead and workout if that helps you best. But in your spare time tend to your made up garden in your mind.

It can sound a little dumb at first. But it's extremely peaceful and I've found it to be helpful every now and then. I get an urge, I start inventing new flowers and I plant them in my little Garden. You could even do a real garden but the point of this is to make your mind a little prettier than it already is. I don't know if this will actually help anyone but it is an interesting thing you can do if you find meditation boring

Source:
https://www.reddit.com/r/NoFap/comments/pj5113/ive_got_you_an_interesting_trick_to_deal_with/

10 other game changers mid/post NoFap

1. Start writing a daily todo list. From there, evolve to a weekly. Make the tasks easy and achievable and don't overwhelm yourself. Start with three tasks daily. Don't forget to strike them out, this releases dopamine, positively, and you might as well get addicted to being productive.
2. Have cold showers, they won't kill you.
3. Consistent and moderate exercising. Keep it easy and simple. You wanna feel energetic after a workout, not dead.
4. Eat better. Cut out sauces for a week. Move on to soda, fries, sugar. Start easy. Time SHOULD not be a factor. Stop 6-packs in 30 seconds mentality.
5. Improve your sleep. Switch off lights during night, you shouldn't be needing it. Switch to dark mode and increase warmth. Maintain a regular cycle and stick to.. it doesn't make you boring.. makes you better.
6. Read before you sleep.. start with a page. If you're not into reading, start with simple, light and easy language. Don't frustrate yourself by jumping to psychology or self development if you can't finish reading an article.
7. Pray AND Meditate. You do really need a spiritual connection. Start by 5 mins or one prayer and build up as you cherish it more.
8. Take a leap of faith and DELETE your insta. not disable. Once you do, you will find out you were really exaggerating its importance in your life. You don't need to know so much about other people's lives. Know yourself first.
9. Thank more. Thank God, yourself, family, friends, teachers and defo Nofap. Being grateful is all you need.
10. Never give up. I know it's so tough, I am struggling to incorporate even one of these, but I see the progress, and I see where I could be. Please keep going, if not for you, then for humanity.

Source:
https://www.reddit.com/r/NoFap/comments/hw4sau/10_other_game_changers_midpost_nofap/

Few tips based in my experience hope it helps 🙏

Pro tips for nofap

1. Delete all access to porn
2. Dont take mobile with you while going to sleep avoid as much as possible atleast. To look at time keep a watch or clock.
3. Take cold showers also be careful because of the current situation
4. Use rooms for their intended purpose only for example use bedroom for sleeping/ working (working as in class and assignments) same goes for toilets and bathrooms.
5. Incase you feel like doing GET OUT OF THE ROOM. Dont forgot your pants😂.
6. While having urges for fapping or peeking do something else like excercise or house chores the point is do something other than fapping trust me it feels good. Urges appear because you have nothing to do.
7. If you get any urges while lets say when you lying on your bed to sleep take deep breaths (I dont really recommend excercise because you will have a hard sleeping anyway see what works best for you).
8. When your on the verge of relapsing remember why you started and think about the guilt your going to feel once you relapse it isn't worth it.
9. Don't fight your urges they will come back stronger so instead let it flow thats why points 6 and 7 are needed.

And finally remember IT TAKES 21 DAYS TO BREAK A HABIT AND 90 DAYS TO CREATE A LIFESTYLE!! It takes commitment and willpower. Dont worry the urges will begin to fade while on day 15(atleast in my case).

Best of luck brothers/sisters!! 🔥 🔥 .

Edit:- Thank you for all the love I just want as many people as possible to know about this and help them 🙏 .

Source: https://www.reddit.com/r/NoFap/comments/ii0orw/few_tips_based_in_my_experience_hope_it_helps/

I think it really helps to have a project to work on. Whether that's art, writings, trying a business idea, making YouTube videos, doing electronics. Anything that you are curious and have some passion for. Something worthwhile where fapping would be a detriment to your progress in whatever your pursuit is. Me myself I'm working towards a Salesforce certification to change careers

Source:
https://www.reddit.com/r/NoFap/comments/pguqlp/comment/hbe3ci8/?utm_source=share&utm_medium=web2x&context=3

These are what have worked for me:

1 - I told someone I trusted ad asked for help. Admitted I had a problem and shared it took a great weight off me. She also helped me break the cycle. I strongly recommend you speak with someone, friend, family or professional.

2 - I downloaded an app called Bulldog Blocker on my phone (this lets you block almost all porn sites, VPNs and apps, including reddit, and there is a two day cooling off period before you can disable it which is good for fighting temptation. Its also free)

3 - I noticed when I was likely to relapse, for me in the morning and when I was bored. I promised my girlfriend that I would get up when she got up in the morning so I wasn't tempted to stay in bed and masturbate. For boredom I always have a project on the go which changes over time. Used to be completing a PlayStation game, then was watching a series, then was exercising, then paint by numbers, then learning chess...anything to keep my hands and mind busy so I wasn't tempted. Something that you can measure your progress on I find is best.

Those are my tips and they have worked for me. In the past 3 months my streaks are 7+ days and I have a healthy sex life with my girlfriend (soon to be fiancé). I feel in control of myself and my actions. I am happier, more motivated, have more energy, sleep better, everything. My life is much better.

I hope this helps anyone who reads this in some way. I'm sure there are many people on here who feel absolutely hopeless and I've been there myself. But I strongly believe that anyone can change their ways. You will fail from time to time, I do too, but what's important is that you never stop trying.

Source:
https://www.reddit.com/r/NoFap/comments/pgdp6h/my_situation_has_vastly_improved_over_the_past_3/

90 Days guys. Let me share this with all of you who are struggling.

Dear /NoFap

Today, as of September 1st, it has officially been 90 days since I quit porn.

For all of you who are struggling and relapsing, I have been there. But let me tell you this :

IT'S ALL REAL.

I used to be a super shy guy, who couldn't approach any woman.

I have found myself being more confident. I am not afraid to stand up for myself now. I don't have any anxiety attacks anymore. I have energy to work-out everyday and staying motivated. Seeing progress. I managed to do a full 45-days of work and partying NON-STOP without days off or almost any sleep and be okay with it. I used to whine like a little b*tch if I lost an hours sleep. I slept with a few women over the summer without even trying that much, knowing that when I was on my porn rampage it was my dream to be able to have casual hookups. And I don't get attached as easily. I pissed off a few people and it isn't as bothering as it used to. I look better. I take care of myself. I make people laugh now. Colleagues and friends are more interested in me, and now take me seriously.

I talked about this 90-day challenge on June 1st to a few close friends and they laughed, saying I didn't need to do such to become a better person. And you know what ? They were wrong. The difference is that they did not have a problem with porn. I did.

You will not become a superhero by quitting porn, you will become **YOU.** A grown person who managed to evolve. I had a few hard moments during the first month with intense cravings and anxiety/depression but it's gone now. I feel free. I do not have any envy to watch porn again or even masturbate. I pictured myself as the alpha I wanted to become and I am becoming that person. Think of the people you look up to. Now imagine them doing the same stuff we used to, masturbate non stop to gross porn. Not that alpha, huh ? You can do it brothers.

STAY STRONG SOLDIERS.

Source: https://www.reddit.com/r/NoFap/comments/pfvzrl/90_days_guys_let_me_share_this_with_all_of_you/

62 days update

1. Very sharp mentally. No brain fog whatsoever.
2. When I was PMOing I was way too nervous to talk to women, now I just see them as people so having conversation with women is way easier.
3. Self confidence has significantly improved. You will be surprised how much PMO destroys confidence.
4. Going to gym 6x a week now, putting focus into things that matter.
5. I feel much better about myself, I'm proud of how much I've changed.

MOST IMPORTANT: Don't focus too much on your streak, instead try directing you focus and attention into other things that are not PMO. The best thing I can say that's happened is that I no longer feel like a slave to PMO. Also I'm starting to see the good in the little things throughout my day. I also no longer look at women in a vulgar way. Thank you guys for the support it means a lot to me! I wish you all luck on your journey!

Source: https://www.reddit.com/r/NoFap/comments/pe4twv/62_days_update/

What I learned from rebooting

.1- Delete your all social media account at least for 90 days. Don't type if you don't peek you can use it as even you look at a funny animal video your brain releases dopamine.

2- Decrease amount of sugar you consume because when you consume so much your brain wants more dopamine rush and this ends up with a relapse/relapses.

3- Don't listen sad musics, instead I advice you to listen classical musics from Beethoven, mozart, chopin etc. as you know that formerly used and still doctors uses music therapy to recover their patients from ilnesses.

4- Brush your teeths before sleeping.Cleaning absolutely fastens your reboot process.

5- When you wake up do 10 push ups.This will help you remove old porn pathways faster.

6 - Don't talk to your friends who always mention about porn and girls.

7- Don't do nofap for get a girl, in this process main aim is you .

8- Read novels from world literature, recently I am reading Dostoyevsky.

9- Don't go to bed if you won't sleep .

10- If you are student, studying your lessons will absolutely help fasten your process.

Good luck soldiers :)

Source:
https://www.reddit.com/r/NoFap/comments/pdt7d7/what_i_learned_from_rebooting/